



# Why are trees important?

**Trees and woodlands provide places for us to enjoy**

Woodlands are great places to enjoy ourselves through exercise, play and relaxation.



**Trees release oxygen into the air for us to breathe**

During photosynthesis trees take in carbon dioxide and release oxygen which we need to breathe.



**Trees help to reduce flooding**

Trees catch rainwater in their branches and leaves, and soak it up through their roots. This helps to prevent streams and rivers from flooding.



**Trees provide habitats and food for wildlife**

Trees provide a home for a huge range of insects, birds and animals, and food for them, such as fruit, seeds, bark and nuts.



### **Trees improve soil quality**

When leaves, fruit and branches fall from trees they rot down and add nutrients to the soil, making it more fertile. The roots of trees help to prevent soil being washed away.



### **Trees provide renewable energy**

Trees provide wood, which can be used as a fuel. This is renewable energy as long as new trees are planted to replace those cut down. This is much better for the environment than using non-renewable energy, such as coal, oil and gas.



### **Trees and woodlands are good for our health**

Trees improve our quality of life. Research has shown that being amongst trees and woodlands can make us feel healthier and can help people recover from illness more quickly.



### **Trees remove carbon dioxide from the air**

Trees absorb carbon dioxide from the air during photosynthesis. This is stored inside trees as carbon.



### **Trees provide wood**

Wood is a really useful material, which can be used to make many things. For example, boats, furniture, toys, paper and a lot more! These products store carbon throughout their lifetime.



### **Trees provide timber for building**

Timber is used for a wide range of building products and is much better to use than materials such as concrete and steel because it uses much less energy to produce.

